



May 18 - 20, U10 - U12 - STC - Changing Direction #2

Dribbling & Changing Direction #3 - Monday, May 18th

Dribble forward, **pull the ball back with the sole of foot**, accelerate new direction.

Directions:

- Dribble forward (About 5-15 Yards)
- Step forward planting non-kicking foot in front of the ball
- Pull the ball back with the sole of the kicking foot
- Accelerate a new direction

Dribbling & Changing Direction #4 - Wednesday, May 20th

Dribble forward, **fake a pass or shot & take the ball a new direction**, accelerate.

Directions:

- Dribble forward (About 5-15 Yards)
- Fake to pass or shot planting the non-kicking foot in front of the ball
- With the opposite foot, use the inside of the foot to move the ball behind the non-kicking foot
- Take the ball away with the non-kicking foot

Lift Up #3 - Monday, May 18th

Reverse Dorothy

Directions:

- With the ball between the toes of both feet
- Click your toes together
- Juggle the ball twice & catch the ball with hands

Lift Up #4 - Wednesday, May 20th

Same Foot Scoop

Directions:

- With primary foot
- Scoop under the ball AND lift the ball up
- Juggle the ball twice & catch the ball with hands

Desired Outcome: Improve your ability to dribble and change direction.

Desired Outcome: Improve your ability to lift up the ball.

Let the coaches know when you complete all May activities for a prize! **Email:** cgallanger1@gmail.com & technicaldirector@blackhillsfc.org

May 18-22